

FIG 8 illustrates an example of application of the present invention for the treatment of sleep disorders.

The apparatus **22** can be used to treat sleep disorders, such as long-term insomnia caused by general anxiety, stress, depression or other conditions. The low amplitude (voltage) or weak intensity and the frequency at a range of 8-12 Hz are selected.

The position of the treatment is to place the apparatus **22** under a pillow when sleeping. Treatment should be conducted at bedtime for 30-60 minutes, for a course of 30-40 days.

The apparatus of the present invention will relax the body, reduce anxiety and stress, detach awareness, provide a bridge between the conscious and subconscious mind, and induce sleep and dream states.

## CLAIMS

We claim:

1. A method of applying special recorded waveform data of simulated alpha rhythm human brain waveforms, comprising:
  - average frequencies at a range of 8 Hz to 14 Hz;
  - frequencies at a peak of 11 Hz to 12 Hz;
  - amplitude changing in high or low accordingly;
  - the frequencies and the amplitudes changing at non-stationary random order in the duration of the motion event.
2. An electrical system is built with integrated circuits, circuits, transistors, diodes, capacitors and resistors, according to claim 1.
3. An electrical system according to claim 2, wherein an integrated circuit is programmed logically and intelligently.
4. An electrical system according to claim 2, wherein an integrated circuit generates oscillatory digital signals or currents.
5. An electrical system according to claim 2, wherein a circuit is the timer

6. An electrical system according to claim 2, wherein a circuit controls the signal or current amplitude.
7. An electrical system according to claim 2, wherein a circuit filters the signals.
8. An electrical system according to claim 2, wherein an integrated circuit amplifies the filtered signals.
9. An electrical system according to claim 2, wherein one switch of power includes an on/off pushbutton.
10. An electrical system according to claim 5, wherein there are two pushbuttons, one for "10" minutes and the other for "20" minutes.
11. An electrical system according to claim 6, wherein there are two pushbuttons for controlling the signals or current amplitudes, one for "low" and the other for "high".
12. A transducer is built, according to claims 1 and 2.
13. A transducer according to claim 11, wherein there is a conductor that is small in size and light in weight.
14. A transducer according to claim 11, wherein there is a static magnet with the north (N) pole free pointing to the human body and south (S) pole mounted to the casing.
15. A transducer according to claim 11, wherein the magnet's north (N) pole is not blocked by any means.
16. An apparatus according to claims 1, 2 and 11, induces alpha rhythm for treatment of men's prostate problems.
17. An apparatus according to claims 1, 2 and 11, induces alpha rhythm for treatment of sleep disorders.